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THE MEDICAL EVANGELIST

Mary C. McReynolds, M.D.
21 Home Place

A JOURNAL DEVOTED TO THE
PROMULGATION OF HEALTH REFORM PRINCIPLES

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NUMBER 5



I am come that they might have life, and that they
might have it more abundantly.---Jesus.

HEAD OR TAIL?

AND it shall come to pass, if thou shalt hearken diligently unto the voice of the Lord thy God, to observe and to do all His commandments . . . that the Lord thy God shall set thee on high above all nations of the earth: and thou shalt lend unto many nations and thou shalt not borrow. And the Lord shall make thee the head, and not the tail; and thou shalt be above only, and thou shalt not be beneath; if thou hearken unto the commandments of the Lord thy God . . . to observe and to do them. And thou shalt not go aside from any of the words which I command thee this day, to the right hand, or to the left, to go after other Gods to serve them. But it shall come to pass, if thou wilt not hearken unto the voice of the Lord thy God, to observe and to do all His commandments and His statutes . . . the stranger . . . shall get up above thee very high; and thou shalt come down very low. He shall lend to thee, and thou shalt not lend to him; he shall be the head, and thou shalt be the tail." Deut. 28.

MEDICAL WORK TOO INTRICATE

(By Associated Press, Leased Wire)

CHICAGO, March 6, 1922.—Dr. Ray Lyman Wilbur, president of Stanford University, told the American Medical Association today that medical education was "such a stagnant mess that the student emerged a mystified doctor."

"Repetition of elementary work, duplication and lack of co-ordination, too much informational material and rigid legal hour requirements have made the medical school a place where only those who can gorge can expect to come out trained." He continued, "In short, we have built up such a wonderful intricate mechanism of hours, schedules, lectures, and courses that it has become scrambled, mixed up, unwieldy and inefficient.

"The best thing to do is to scrap it entirely, look carefully over the mess, and pick out the fundamentals for a fresh start."

Harry Pratt Judson, president of the University of Chicago, in an extemporaneous talk, said the medical profession has "gone crazy" over standardization.

Establishment of a single qualification examination for admission into medical practice, with examinations of such a high grade that a certificate from a national board would be accepted in lieu of state examinations, was considered by the delegates today.

SOME WORDS OF INSPIRATION ABOUT THIS MATTER

"Study the Bible more and the theories of the medical fraternity less, and you will have greater spiritual health. Your mind will be clearer and more vigorous. Much that is embraced in the medical course is positively unnecessary. Those who take a medical training spend a great deal of time in learning that which is merely rubbish. Many of the theories that they learn may be compared in value to the traditions and maxims taught by the

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Spoiling Our Pictures

THE famous Thomas Nast, in a public exhibition of his skill, once performed a strange feat with his brushes. Taking a canvas about six feet long by two feet wide, he placed it nearly horizontally upon an easel before his audience and began to sketch rapidly a landscape. In quick succession, appeared green meadows, with cattle, fields of grain, the farm house and surrounding buildings, with orchard near; while over all, the bright sky, with fleecy clouds, seemed to pour Heaven's benediction upon the scene below.

At length, no finishing touch was necessary. Still the artist held his brush, as he stepped aside to receive the hearty applause of his admiring audience. When the applause had subsided, Mr. Nast stepped back to the canvas, as if he had not quite completed the picture. Taking dark colors, he applied them most recklessly to the canvas. Out went the bright sky. "Did you ever see a picture like that?" he asked, as he blotted out meadows, fields, orchards and buildings. Up, down, and across passed the artist's hand, until the landscape was totally obliterated and nothing but a daub, such as a child might make, remained.

Then, with a more satisfied look, he stepped aside, laying down his brush as if to say, "It is finished."

But no applause came from the perplexed audience, as Nast then ordered the stage attendants to place a gilded frame around the ruined work of art and to turn

it to a vertical position. The mystery was revealed; for before the audience stood a panel picture of a beautiful water-fall, the water plunging over a precipice of dark rock, skirted with trees and verdure. It is needless to say that the audience burst into sounds of applause.

And thus it is that a greater Artist works. We paint our landscapes. How beautiful we make them! All manner of earthly prosperity, with bright skies above. We imagine our sketching perfect, but an unseen hand finishes most grandly our crude designs.

Houses and lots, farms and merchandise disappear. Yes, our portraits of loved faces are blotted out. We cry, "Hold, hold." We bewail our ruined pictures because we have not the true angle of vision. At last, God turns the canvas and there appears a work, not for time, but for eternity.

While Mr. Nast was spoiling the landscape to produce the falls, he might have said to the mystified audience, "What I do, thou knowest not now, but thou shalt know hereafter." What puzzled the audience was plain to him. In each destructive stroke upon the one picture, he saw a constructive stroke of the other; and what, in the providence of God appears so strange to us, is most clear to Him who would *save us from being "conformed to this world,"* and would help us to be transformed by the renewal of our minds, that we may prove "what is that good and acceptable and perfect will of God."



The Double Cure

PASTOR J. E. FULTON

IT SHOULD take little argument to justify the expense of educating and sending forth of medical missionaries. Of this line of missionary endeavor, the work of Jesus on earth is the best argument, and His life furnishes the best example. The Scriptures tell us that "Jesus went about all the cities and villages, teaching in the synagogues and preaching the gospel of the kingdom, and healing every sickness and every disease among the people" (Matt. 9:35). In other Scriptures we are told that He identified Himself in becoming man, and in bearing our infirmities (Heb. 2:14, 4:15; Matt. 8:17). His life was filled with activities on behalf of men who were compassed about with human weaknesses, sins, and ills. He became their Saviour and Physician. He is our example in labor. Perhaps we shall never fully appreciate the place and importance of true medical missionary work until we get the spirit of love and sympathy in our hearts He possessed. Seven times in the gospels Jesus is spoken of as having been "moved with compassion". The causes in each case were the temporal wants or the ills of mankind. Are our hearts likewise moved?

Speaking of the crying needs of the heathen whose pathetic appeals sound across every ocean to us, someone has said that their groaning to send them help is a "debt from which we cannot escape save at the sacrifice of the instincts of our humanity and the promises of our religion". We might close the case here without another word, feeling sure no successful argument could be offered to neglect medical missionary work. Jesus set the example. He fed the hungry, opened the eyes of the blind, healed the sick, and preached the gospel to the lost. He combined the medical and the evangelical, and we must know how to do the same. They belong together. God made the spiritual and the physical being and made them one, and He indicates to us that wise missionary effort should embrace both sides of man's nature. And if the knowledge of medical missionary work cannot always combine itself in one man, as is the case, certainly then, more often than we do, should we send the Christian doctor into the foreign field side by side with the evangelical worker. These two lines of effort must blend. They belong together, for

God united the body and the spirit, and no work for Him is complete which does not minister to both. Long ago the Spirit of Prophecy said, "The gospel and the medical missionary work are to advance together". Let a proper understanding of the example of Jesus, His divine commission, and the needs of mankind everywhere, particularly in the foreign field, teach us that the medical missionary work is a divinely appointed means of reaching the lost.

And the lives of some who have followed Jesus in unselfish ministry are also fruitful in example and full of instruction. Listen to the words of Dr. David Livingstone, the great African missionary and explorer. He said, "I am a missionary, heart and soul. God had only one Son, and He gave Him to be a missionary and a physician. A poor, poor imitation of Him I am or wish to be. In His service I hope to live, in it I wish to die". What noble service Livingstone rendered to mankind in his life of sacrifice,—a service to poor heathen and a service to science. God waits to use many others, for the world is still dark and full of need.

Look at the life of Dr. Jacob Chamberlain, over forty years a missionary in India. His life was a benediction, his sermons taught comfort and salvation to troubled souls, and his skill brought relief to many a sufferer. His reputation as a physician and surgeon was widespread along the great Godavery River, but he was "first a missionary and secondly a physician", in harmony with the example of Jesus in His "teaching" and "healing". Here is the distinguishing feature of medical missions that make them unique in comparison with ordinary hospitals. In the worldly hospitals there may be healing of body, but in the other there is effected the "double cure". This was the aim of Doctor Chamberlain. Even the tickets given the patients from his mission hospitals and dispensaries he says were "really little leaflets", pointing out the true God, His beloved Son, and the way of salvation. He tells of his hospital work where he "always coupled with that work the preaching of the gospel to the multitudes that flock together to receive medical and surgical aid".

Let us remember the object the Lord had in

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Page Three

Call for Reform in Medical Practice

A. N. DONALDSON, M. D.

Department of Physiology and Therapeutics, College of Medical Evangelists

SEVENTH-DAY Adventist physicians and Seventh-day Adventist sanitariums have been afforded the greatest opportunity for real scientific advancement and leadership ever granted the followers of Hippocrates' art, and never have a group of men, singly or combined, failed more miserably or appeared more content to trail along behind. The vast majority are so thoroughly grogged with medical empiricisms of ancient vintage, that to wake up and modernize would be to reeducate and begin anew. Whereas we ought to be looked up to as leaders in our honored profession, we are in truth among the mediocre of the mediocre, unskilled in the modern setting of a fast developing science.

Let us modify this statement by granting the possibility that forces may be operating in our institutions that prevent the carrying out of modern ideas, of Seventh-day Adventist ideas—God-given, health-maintaining and health-restoring principles. We will credit some of our sanitarium men with a spirit of aggressiveness, ruining the existence of a system that is hampering the cause of God in this important field. While we are at it, let us be frank; we decry the existence of any policy that curtails medical advancement in our institutions. This, however, does not excuse the medical man for not standing up to ideals nor does it excuse him from failing to conduct an institution along lines laid down by the Spirit of Prophecy, so far as the general policy under which he labors will permit. It is just possible that policy lines will crumble as the medical men advance. It is just possible that a real, fully charged, aggressive medical

man with faith and a vision could break the restraining chains and loosen a rather uncomfortable policy. God's work will not be confined within narrow limits by the misjudgment of men. But who has even reached the limits? What medical superintendent has even devel-

oped his work along God's lines up to the limit of his possibility under the organization of his institution? Where is there a sanitarium today that has discarded drugs and drugging? How many of our sanitarium men have undertaken to school themselves in the type of therapy that requires no drugs? How many are there who can really use hydrotherapy scientifically? What is the status of the medical staff in the field of dietetics, occupational therapy, radiotherapy, thermotherapy and electrotherapy?

Many of our sanitarium men have gone and are going surgery mad, and have no liking for and little knowledge of the fundamentals of the system of therapeutics ordained by God for us. This is not to minimize the importance of surgery, but to magnify a

grossly neglected field, that if advanced, would bring greater returns in souls to our institutions than surgery ever will.

"There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, they will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life and a firm trust in God are remedies for the want of which thousands are dying. . . . Fresh air, exercise, pure water and clean premises are within the

DRUGS

We want to hear from the physicians who have worked out any definite procedures along the lines Doctor Donaldson mentions in his article on this page. In other words, we want to hear the experiences of those who are taking the instruction Inspiration has given us, and are finding and using the "more excellent way,"—who are using "God's remedies" and learning to do their work without drugs. We want to know the things you have learned that we may pass them on to others through *The Evangelist*.

We are especially interested to know what progress our physicians are making in the treatment of the following diseases:

- Malaria without quinine.
- Disorders of the heart without digitalis.
- Anemia without iron and arsenic.
- Rheumatism and neuritis without salicylates.
- Insomnia without hypnotics.
- Neurasthenia without sedatives.
- Syphilis without Salvarsan and mercury.

What is being done to work out the instruction God has given concerning the elimination of these drugs? We want any help we can get from the experiences of physicians and others.

We would like to make the next issue of *The Evangelist* a sort of "Drug

reach of all with but little expense. But drugs are expensive both in the outlay of means and the effect produced upon the system." Testimonies, Vol. 5, p. 443.

Again:

"The question of health reform is not agitated as it must and will be. A simple diet and the entire absence of drugs, leaving nature free to recuperate the wasted energies of the body, would make our sanitariums more effectual in restoring the sick to health."—Unpublished Testimony, Aug. 30, 1896, and "Healthful Living," p. 248.

"It would have been better if from the first all drugs had been kept out of our sanitariums and use made of such simple remedies as are found in pure water, pure air, sunlight and some of the simple herbs growing in the field"—Special Testimonies, Magan and Spaulding Collection, p. 258.

"Drug medication should never have been introduced into our institutions. There was no need of this being so, and for this very reason" (that is, because drug science has been exalted) "the Lord would have us establish an institution where He can come in and where His grace and power will be revealed."—Special Testimonies, Magan and Spaulding Collection, p. 137.

Pray tell, how is a pill-bag physician to justify his therapy in the face of the Spirit of Prophecy? How does a sanitarium staff strong on drugs and weak on physiotherapy expect to accomplish big things for God in the light of this instruction?

It is strange that we should, as Christian physicians, look to God as the healer of our diseases and yet eschew the system of therapeutics through which He has chosen to operate. It is indeed a paradoxical situation. We well might ask ourselves the question, How can we individually or as institutions expect to receive the full blessing which our Creator has in store for us and for our work when we fail to line

up with Him and act on His superior wisdom? Money may come easy, prosperity as the world counts it, may attend our efforts, but the real purpose of our medical work remains unaccomplished.

Drug therapy is condemned today by science. Years ago the Testimony of the Lord stated "That drugs do not cure disease." Science today admits the truth of this statement. Doctor Tatum, professor of pharmacology, University of Chicago, says, "Very careful study into the action of drugs leads me to say

that I am almost a drug nihilist." The late Doctor Osler is quoted as saying, "The patient who takes medicine must recover twice; once from the disease and once from the medicine." Bastedo, professor of clinical medicine, Columbia University, says, "Nature cures the disease; medicines are not curative agents." And so on ad libitum.

The men who are in the fore professionally are the men who are eliminating drugs from their armamentarium and who are utilizing the type of therapy suggested by the Testimonies years ago. Physiotherapy is being recognized as the greatest agent for repair among scores of the leading medical men the world over. In spite of it our men in private practice, and worse yet, many of our men in sanitarium practice, still cling to the well

stocked drug room. In spite of the denunciation of drugs and drugging, in the Spirit of Prophecy, and the repudiation of drugs by the greatest clinicians and research workers of the time, we still cling to the empiricisms of our fathers. Why do we do it? God has answered that question for the majority: "Many physicians are not as thorough and intelligent as they should be in the practice of their profession. They resort to drugs when greater skill and knowledge would teach them a more excellent way."—"Healthful Living," p. 247.

It takes skill and knowledge to use physio-

Special," and develop the question from three standpoints:

1. A consideration of the instruction given through Inspiration.
2. The testimony of authorities corroborating the same.
3. The testimony from those who by research, experiment, or experience with these diseases have arrived at a clear demonstration of the better way, a solution to any of these questions by the use of "God's remedies."

Is it not time that we humbly bow before God, take His instruction, and earnestly seek Him to teach us how to follow it? And then by study, experiment, research, and earnest labor, mingled with prayer, go about the solution of these things which have been stumbling blocks for so many years. Have we not compassed this mount long enough? Will not the Calebs and Joshuas of today have faith enough in God and His word to "go forward" in these things?

It is time we got beyond mere theory. If men preach Christ for years and nobody gets pardoned, that would be a mockery. We have preached and professed drugless therapy for a long time. Who will come up to the help of God against the mighty in these great issues?

Write your experiences in these things today, and send them to **The Medical Evangelist**.

The "Gospel" of Health

J. G. WHITE

This term is used, and the "gospel" of it explained on page 115 of "Ministry of Healing."

"When the gospel is received in its purity and power, it is a cure for the maladies that originated in sin. The Sun of Righteousness arises, 'with healing in His wings.' Not all that this world bestows can heal a broken heart, or impart peace of mind, or remove care, or banish disease. Fame, genius, talent,—all are powerless to gladden the sorrowful heart or to restore the wasted life. The life of God in the soul is man's only hope."

"Notwithstanding the wonderful progress in so many lines relating to the comforts and conveniences of life, even to sanitary matters and the treatment of disease, the decline in physical vigor and power of endurance is alarming."—"Ministry of Healing," page 125.

This statement that the talent, genius, wisdom, and science of the world cannot banish disease is well illustrated by present conditions in the world. While the modern advance in medical science has markedly lessened certain diseases, yet it is conceded that notwithstanding all our wonderful learning and scientific skill, the race is going rapidly down toward ruin. In the United States from 1910 to 1919,—only nine years,—death by diseases of the heart and blood vessels increased 26.2 per cent; from apoplexy 39.4 per cent; Bright's disease 20.4 per cent; syphilis 59.2 per cent. Cancer is increasing at the rate of 2.5 per cent each year. Insanity has increased some 300 per cent in the last fifty years.

What is the trouble? Why is not our wonderful modern medical science and skill able to better these conditions? A physician says:

"Those afflictions that seem to be the direct outgrowth of wrong habits of living are known as degenerative diseases. They attack the heart, the blood vessels, the kidneys and the liver especially. To this let us add two specific and rapidly increasing diseases that may attack any organ,—cancer and syphilis. Insanity is still another product of the pace that kills."—A. N. Donaldson, M. D., in "Signs of the Times," March 14, 1922.

And these are just the diseases that are ruining the race, and these are the result of transgression. Why, then, does not worldly medical science reach this condition and remedy it? It is because it does not have enough "gospel" in it to effect a reformation in the lives of men and women. Medical science, surgery, and public health movements do not have within them the power to turn men away from transgression to obedience, either moral or physical; and it is largely in the realm of physical transgression that the battle over character is being fought between the divine and Satanic forces.

"The body is the only medium through which the mind and soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being."—"Ministry of Healing," page 130.

"The controlling power of appetite will prove the ruin of thousands, who, if they had conquered on this point, would have had moral power to gain the victory over every other temptation of Satan.

But those who are slaves to appetite will fail of perfecting Christian character."—"Christian Temperance and Bible Hygiene," page 154.

"Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat."—"Ministry of Healing," page 128.

"The light God has given on health reform is for our salvation and the salvation of the world."—Testimonies, Vol. 7, page 136.

Only a "gospel" from heaven has power to meet the enemy in this battle between the mighty forces which are working to destroy or to build up the character through the control of the physical body. Where is there such a "gospel" and to whom has it been committed?

In the midst of the maize of doctrines and confusion in the world, with its higher criticism, evolution, Christian Science, denying the fact of creation and so abolishing the duty to obey a Creator's law, there is but one message in the world that is turning men back to the Maker and Author of all matter and the recognition of all His laws in every realm and demanding allegiance and obedience thereto, (and if obedience to any of them is denied or withheld, we thereby deny His right to rule by virtue of His Creatorship and so refuse to accept Him as our maker), and that message says:

"Fear God and give glory to Him; for the hour of His judgment is come; and worship Him that made heaven and earth, the sea and the fountains of waters."—Rev. 14:7.

This message, which is our sacred heritage to give to all people, if accepted in its fullness will cause its receivers to accept every law of God and render obedience thereto. And the Sabbath, when we keep it, is the sign that we do accept Him as our Creator, and that we do pledge our full allegiance to Him in every realm. If any of His laws are excluded from our interpretation of this message, we lack that much of heeding or bearing our message, and lack that much of having a full conception of the meaning of the Sabbath truth.

"Our first duty, one which we owe to God, to ourselves, and to our fellow-men, is to obey the laws of God. These include the laws of health."—"Christian Temperance and Bible Hygiene," page 12.

"The Sabbath is ever the sign that distinguishes the obedient from the disobedient."—Testimony, Vol. 7, page 105.

"Thus genuine medical missionary work is bound up inseparably with the keeping of God's commandments, of which the Sabbath is especially mentioned, since it is the great memorial of God's creative work. Its observance is bound up with the work of restoring the moral image of God in man. This is the ministry which God's people are to carry forward at this time. This ministry, rightly performed, will bring rich blessings to the church."—Testimonies, Vol. 6, page 266

If we acknowledge Him as the Creator of earth and sea and sky, of the animals and of vegetation, and recognize all the natural laws of these realms but fail to recognize His laws pertaining to ourselves and our beings, we have missed the vital thing. Again, if we decline to heed those of His laws governing our bodies and which influence our mental and spiritual perceptions and our strength of will, we have again missed a vital thing in the great question of obedience involved in the acceptance of God as Creator and of which the Sabbath stands as a sign.

The third angel bears a message which is the negative side of the same question of which the first angel's message is the positive side. The first message calls for reform. The enemy opposes it. Then the third message warns against this opposition, and draws the conflict to an issue. And then is presented the results of the sounding of the three messages combined,—

"Here are they that keep the commandments." This, with divine grace to make it possible, and pardon to cover shortcomings, is our message.

When we see this matter of healthful living in this light, it becomes more than a means of proclaiming a message and allaying prejudice. It becomes a part of the message by which both we and our hearers are to be saved. It does not have mere health as its goal, but character as the ultimate object. Such an acceptance of the whole message would unify the efforts of those laboring in the various departments of the message, and would exclude from the health work any method or principle not in harmony with the spirit and purpose of the message.

Thus it is that part of the message which calls upon men to reform their physical habits and obey the laws of God in their bodies as a **duty they owe to God as the Creator and in obedience to which is involved the making of character and obtaining eternal salvation** is rightly termed "**THE GOSPEL OF HEALTH.**"

All the medical science and skill and public health movements in the world do not have the power to reform the lives of the people. Only a message can do that; and such a message must be carried by messengers. And when messengers go with a message about health that works a **REFORMATION** in the lives of men and turns them from transgression to obedience because of an accepted allegiance to their Maker, they are indeed proclaiming the "gospel" of health. Such a messenger is called a Medical Evangelist or a Medical Missionary. That is what every Seventh-day Adventist **NURSE** should be.

"The nurses who are trained in our institutions are to be fitted to go out as medical missionary evangelists, uniting the ministry of the word with that of physical healing."—Testimonies, Vol. 9, page 171.

And when every **PHYSICIAN** makes such a message first and his medical learning and skill but contributory to that, he too will be a Medical **EVANGELIST**, with the emphasis on the noun rather than the adjective.

"With him, religion is not to be merely one influence among others. It is to be an influence dominating all others."—"Ministry of Healing," page 117.

And when the time shall have come that all our **EVANGELICAL** workers have followed the counsel of God and taken some training in medical lines, then they will be medical evangelists.

"Let our ministers, who have gained an experience in preaching the word, learn how to give simple treatments, and then labor intelligently

as medical missionary evangelists."—Testimonies, Vol. 9, page 172.

"Our ministers should become intelligent on health reform. They need to become acquainted with physiology and hygiene; they should understand the laws that govern physical life, and their bearing upon the health of mind and soul.

"Thousands upon thousands know little of the wonderful body God has given them or of the care it should receive; and they consider it of more importance to study subjects of far less consequence. The ministers have a work to do here. When they take a right position on this subject, much will be gained. In their own lives and homes they should obey the laws of life, practicing right principles and living healthfully. Then they will be able to speak correctly on this subject, leading the people higher and still higher in the work of reform. Living in the light themselves, they can bear a message of great value to those who are in need of just such a testimony.

"There are precious blessings and a rich experience to be gained if ministers will combine the presentation of the health question with all their labors in the churches. The people must have the light on health reform. This work has been neglected, and many are ready to die because they need the light which they ought to have and must have before they will give up selfish indulgences."—Testimonies, Vol. 6, page 376.

And when the **LAITY** in this movement shall have become awakened by ministers and physicians to the counsel of God, and shall have received proper instruction and go out among their neighbors and friends, and into the towns, villages, and cities, doing medical missionary work, they too will be medical missionaries.

"We have come to the time when every member of the church should take hold of medical missionary work."—Testimonies, Vol. 1, page 62.

"The medical missionary work should be a part of the work of every church of our land."—"Loma Linda Messages," page 88.

Then, and not till then, shall we be ready for the closing hours of our ministry to this old sick and sinful world, of which God has said:

"I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work."—General Conference Bulletin, 1901, page 204.

And all the people mentioned above may then act their part in such a finishing of the work. To promote such a preparation for the doing of such a work is the mission of

The Medical Evangelist.

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111 East State Street

Redlands, California

Medical Missionary Evangelism

THE REDLANDS CAMPAIGN

OUR readers will be looking for further word concerning the medical evangelistic campaign in Redlands, and we reproduce herewith two more press reports of lectures, one a health lecture and the other an evangelical lecture.

At this writing the health lectures have been discontinued and the time occupied in giving instruction to the first class of candidates for baptism, which will be completed about the time this paper reaches its readers. Among those who have surrendered is a meat packer and his wife from New York, who happened to be in Redlands about the time the campaign began. They were only passing through the city, but the campaign attracted them and they stayed on and so are fully accepting the message. Another interesting case is that of an oil man from central California.

After the people have been attracted by the Sunday-night and health lectures, they are gathered into these special evening classes, where they are given very thorough work, not only in the mental acceptance of the doctrines of the message to which their judgment surrenders, but a deep spiritual work is done which calls for the complete surrender of the heart and life, and which includes the full acceptance of the inspiration of this movement as is called for in this statement:

"As the end draws near, and the work of giving the last warning to the world extends, it becomes more important for those who accept present truth to have a clear understanding of the nature and influence of the Testimonies, which God in His providence has linked with the work of the Third Angel's Message from its rise."—Testimonies, Vol. 5, p. 654.

Only those who accept fully every point, including the Testimonies, and whose heart-surrender is clearly manifest, are baptized. Those who do not qualify are put over into another class and given further study.

FUTURE PROBATION RIDICULED BY TINDALL

Evangelist Urges Hearers to Accept Faith and Prepare for the Future

"Gehenna—The Fire of Hell—The Great Gulf Fixed," was the subject upon which Evangelist Tindall gave a heart-searching lecture in the Contemporary Club last Sunday night. He introduced the lecture by a very careful reading of Luke 16:19-31, and said that "this is a parable giving a picture of

the contrast in the condition of two classes in the life to come, and I want you to fix certain points definitely in your minds. The beggar was carried to a state of bliss, and the rich man opens his eyes in hell,—hades,—the grave,—and sees Lazarus across the gulf in the distance; then he is tormented, and then he sees a flame. I want you to note particularly that none can pass over the gulf either to render aid or to change their own state. This means that if you are to be on the right side of that gulf then you must be on the right side now; and in the future life you cannot settle any of the questions we are discussing here, but we settle our destiny now. If we do not believe the Bible now we would not be convinced though one rose from the dead. Do not be deceived into believing that there will be a future probation, for it will not be so."

"Gehenna is a term used to describe the fires always kept burning outside Jerusalem," said Mr. Tindall, "to burn up rubbish, and so is taken to describe hell in which the refuse of the earth will be burned up. In Rev. 20:10 this is called a 'lake of fire.' There are three 'hells,' one called hades, which is the grave; another, a place of utter darkness in which the fallen angels are cast; and the third, hell fire, where the wicked are cast after the 1,000 years. We find in Rev. 20:4 and on, a company who have not received the mark of the beast, and they live and reign with Christ 1,000 years. This, it is said, is the first resurrection. Both the 'rest of the dead (the wicked) lived not again until the thousand years should be finished,' but they are all brought up from their graves in the second resurrection, so that if a man dies today a lost man, he will be given life again at that time that he may meet God, receive judgment, and punishment for his sins, and die again in what is called the 'second death.' After the second resurrection the number of the wicked is said to be 'as the sand of the sea.' The Bible clearly tells us that the majority of all who have ever lived on the earth will be lost because they refuse to be redeemed, and here they are in verses 9 and 10 all gathered together and Satan goes right on deceiving them just as he did in their lifetime, and his effort then to overthrow the city which has come down from heaven is his last warfare against God and His people.

"In Zech. 14 we are told that when God comes down at that day His feet shall touch the Mount of Olives and it shall become a plain, and that 'all the saints' are with Him; they camp there, and then the city comes down from heaven as told in Rev. 20 and 21. This state of the saints is what is described in the parable of Luke 16 as 'Abraham's bosom.' So it is that as the wicked are raised in the second resurrection the first thing they see is the saints and the city; but there is no way then of passing from one state to the other.

Mr. Tindall then went on to explain the meaning of the expression, "tormented forever," which follows the scene just described, and said: "The devil that deceived the world, and the beast, and the false prophet are cast into this lake of fire. While we study this let us not forget that the last message God ever sends the world is a warning against this beast and false prophet and the image to the beast, and if men do not now accept that message they will meet a fate from which they will want to be delivered but cannot. This term 'forever and ever' in this place is usually understood to mean for eternity, but God cannot be

happy and punish men as long as He Himself shall live. Such a thought is Satan's masterpiece of misrepresentation of God, and would drive men to one of two conclusions, that some way all men are to be redeemed, or to deny God altogether. Now this word 'ever' is from the Greek 'eon,' meaning a period an indefinite space of time, a lifetime, an age. Let us study a bit. Eze. 18:4 says that the souls that sin shall die, so that a wicked man does not possess a soul that cannot be destroyed. II Peter 3:7-10 says that the wicked shall be destroyed. Mal. 4:1-3 shows that the wicked shall be burned up like stubble and become ashes. By reading Zech. 14:12, Ps. 11:6, Eze. 38:22, Isa. 66:24, we can see that men shall consume away while standing upon their feet; while it shall not be done in a minute there will come an end to it. God will 'rain fire and brimstone.' In that day men will listen to God, and they will remember all their sins and be punished for each one. This is horribly described in Zech. 14:12, the tongue shall be burned away for every sinful wag of the tongue, and the eyes shall receive a coal of fire for every sinful look upon women, and shall consume away in their sockets; and so each part of the body will be punished for its own sins before the sinner is cast into the lake of fire which utterly destroys. We cannot measure the time, for some will be punished longer than others, according to the sins they have committed. During this punishment the mind will be kept clear that it may understand the sins and the punishment. Isa. 66:24 says, 'the worm shall not die, neither shall the fire be quenched.' The spark of life will be preserved and the fire shall not be quenched but allowed to burn till it has burned up and destroyed the sinners. In the 'lake of fire' Satan himself will be utterly destroyed (Eze. 28:16-19). All the lost shall become as though they had not been (Ps. 37:20; Obad. 16). Sin, sinners, Satan, the results of sin in the earth, are all to be burned up (II Peter 3:2-13). And the fate of men in that day will be settled by their relation to the law of God (Isa. 66:24, Isa. 8:20, Eccl. 12:13, 14). If any man tells you that you may transgress the law of God, any part of it (Jas. 2:10), you ought to fear such doctrine like you would a serpent. But people are not today listening to the law of God, but are hearing arguments against it. The law says the seventh day is the Sabbath. Read it and see. And then go and pile up all the arguments against it and all the arguments in favor of Sunday keeping, and make the pile as big as you can, and the law still says that the seventh day is the Sabbath. The Sabbath stands as a sign of complete obedience to God in all things,—complete surrender to God and the writing of all the law in the heart by the Spirit under the new covenant (Heb. 8:8-10); the keeping of Sunday stands for all kinds of arguments against it. Matt. 7 shows that but few will go in the straight and narrow way, and many in the broad road, but, O friends, I beg of you to settle this question today, knowing what you will face when you meet God and have to answer for it all. Don't be deceived by any man or any class of men. Take your stand with God, and be ready to face death at the hands of men, if need be (Rev. 13:11-18), in order to be found among those who 'keep the commandment' and escape His wrath (Rev. 14:9-12), and receive an entrance into the city (Rev. 22:14)."

HIGH BLOOD PRESSURE

And Why a Man Is As Old As His Arteries

"High Blood Pressure,—Why a Man Is As Old As His Arteries," was the subject of a very helpful and interesting lecture given in the City Hall, Tuesday night, by Dr. H. W. Vollmer, medical superintendent of the Loma Linda Sanitarium.

"How is your blood pressure? is coming to be a common morning salutation these days," said Doctor Vollmer. "Blood pressure," he said, "means the pressure of the blood stream against the walls of the arteries. When this pressure is above normal it indicates that something is radically wrong and needs attention."

The Doctor then gave a demonstration and explanation of just how a physician measures the blood pressure. An artificial pressure is applied to the outside of the artery of the arm sufficient to shut off the pulse in the wrist. The higher the pressure within the blood stream the more exterior pressure will be required to shut off the pulse. In this way the amount of pressure required to shut off the pulse may be measured and so test the amount of pressure in the blood stream.

"The arteries ought to last as long as the rest of the body," said Doctor Vollmer, "but they do not always. Sometimes men of forty-five years of age come to us whose arteries are as old as other men at sixty and seventy-five. This is because they have not lived correctly."

The Doctor showed large drawings which explained the construction of the arteries and the three coats or layers of which they are made. "The second layer," he said, "is largely muscle. As the heart beats and sends out a wave of blood which we feel as the throb of the pulse this muscular layer picks it up and by its contraction helps the heart to push the blood along. Any poison in the blood irritates the inner layer of the arteries and causes this coating to thicken to protect itself. This thickening of the inner coating of the artery lessens the size of the opening through which the blood flows, and as this capacity is decreased the heart must push harder to get the blood through, and this causes a rise in the pressure. The poisons which cause the first coating to thicken also cause the second or muscular layer to contract, and this also lessens the capacity of the artery and adds to the necessity of the heart pumping still harder, and so it also adds to the pressure. And so both the heart and the muscular layer of the arteries must work harder to get the blood around; and just as all muscles grow larger with exercise, that also helps to diminish the size of the opening in the artery and make it necessary for the heart to pump still harder. Thus a vicious cycle is established. This extra work of the heart muscles causes them also to develop both strength and size in order to do the extra work, and so we have an enlarged heart. These processes go on until sometimes arteries become entirely closed so that no blood can pass through. Then the portion of the body supplied by them dies, resulting in pain and gangrene, and must be amputated.

"As a last resort nature deposits a coating of lime salts to protect the walls of the arteries, and this becomes very serious. Sometimes the two inner coats rupture and the outer one bulges out.

"The heart itself has a system of blood vessels which supply it, and sometimes the artery supplying this system ceases to supply, and then there is a severe pain in the heart; and the second or third time this happens, if not the first, the patient dies. When the blood vessels of the brain become hardened an extra exertion of the individual may result in what we call a stroke or apoplexy. One form of kidney disease is where the blood vessels of the kidney become hardened.

"These diseases have increased fifty per cent in the last thirty years. These and other diseases are increasing so rapidly in the young men who ought to be in almost perfect health that one in every six examined for U. S. Army service in the late war was

THE CALL OF THE DYING

I STOOD at the brow of the Hill Beautiful, and gazed with admiration upon several hundred of our young men and women filing out to begin another school year in our Medical College. My heart could only swell with pride in the sight of so many strong, young people giving themselves to such a noble work. And to think that God is preparing a band of consecrated workers to stand as sentinels and administer to the physical and spiritual sickness of a dying world.

"When properly conducted, the health work is an entering wedge." Testimonies, Vol. 6, p. 327.

"In the preparation of a people for the Lord's second coming, a great work is to be accomplished through the promulgation of health principles." Id., p. 224.

"There is a great work to be done for suffering humanity in relieving their sufferings by the use of the natural agencies that God has provided, and in

rejected, and ninety per cent of those rejected did not know that they had any trouble."

Doctor Vollmer gave startling figures of an experiment which revealed many cases of very high blood pressure among young men. Then he devoted some time to a list of

Causes of High Blood Pressure.

"First in the list we place syphilis, second alcohol. Then comes tobacco, and following it come tea, coffee, cocoa, coco-cola. Doctor Witherspoon reports having treated coco-cola fiends. A test has been reported where a group of men and a group of women of the same ages were tested, and it was found that the women's blood pressure was five points the higher, and it was believed to have been caused by their use of patent medicines containing alcohol, and to the use of tea and coffee and soft drinks. One authority says he fears the soft drinks will become a greater evil than the old saloon because they affect the boys and girls so that when they come to maturity they will break down sooner than parents. And it is admitted that their parents are breaking down earlier in life than the previous generation.

"While there are a few acute infectious diseases which cause an increase in the blood pressure, yet these are but temporary afflictions. It is our wrong habits of living which stay with us and do the damage.

"Then, too, the nerves have a part to act in increasing the blood pressure. Worry, the strenuous business life, excitement, picture shows, races, and many of the popular recreations, excite the nervous system, speed up the heart and add to the pressure of the blood. The wrong kind of food, or too much food, produces poisons in the blood which irritate the walls of the arteries and bring on the conditions first described. Foods with too much protein, like meat and eggs, are among those capable of such results. We should see that the diet is correct, food well masticated, take proper exercise and rest, avoid undue excitement, make sure that the eliminative organs are doing their work. After passing the age of thirty-five we should have the pressure of the blood tested once or twice each year. In the treatment of this trouble, drugs and patent medicines have no place."

J. G. W.

teaching them how to prevent sickness by the regulation of the appetites and passions." Id., p. 224.

I returned a few days ago from several weeks spent in a town in northwest Mexico. I am going to relate my experiences and let each one who has the interest of the medical work at heart receive his own impression as to the need of medical missionary work.

I was accompanied on this trip by Brother C. Powers of San Bernardino. We were fixed to camp out and so went with cots and bedding, and a few of life's comforts which are hard to obtain in the "land of manana." As I was recommended to a certain Protestant school teacher of that place, we first called upon her, and were very cordially received. She told us that we might make our camp in the mission compound. As the compound took in the entire city block, and was surrounded by a high wall, and there were several adobe buildings with a dirt floor, it gave us ample opportunity to build a fire and place our cots.

We were settling down to our new camp with a warm feeling of gratitude for the kindness of these good people when we found out that the Mexican pastor did not entertain such kindly feelings toward us. We finally decided to make a call upon this gentleman and see if we could capitulate terms of peace. It ended only in more bitter feelings, as he was in a nagging spirit and was trying to take us up on some word to condemn us as rank heretics, which he believed us to be.

We finally, after much useless talking, suggested that we pray to God about it all, and once on our knees the Lord came very near in answer to our earnest prayer and healed the man's wife, who was suffering from acute rheumatism for many weeks. Next morning there was no little stir about that place, as the pastor's wife was so remarkably helped in one night. The tide began to turn, and we were soon treating rheumatics, sciatics, asthmatics; even the paralytic and the blind came to us. We found sickness everywhere, most every home seemed to be stricken with some malady, and we fomented, and regulated the diet, and gave careful counsel to those afflicted ones. An army captain whose wife had suffered for years with the asthma, felt relief so soon that they noised it about, and soon soldiers came to the compound asking for the two men who could heal disease. One old man whom we found bundled up on his bed suffering with rheumatism, said he was eating a good liberal diet of meat, eggs, etc. Surely his diet could not be the best for his affliction. But after we

advised against the meat and the eggs, and suggested a lighter vegetable diet, we found the old man up the next day in the back yard, and he thought it was wonderful. We were at the same time placing a subscription for our Spanish paper, so could not devote much time to healing, but found after taking over \$90 in subscriptions we had made many friends, had left our Protestant friends with a less suspicious spirit towards us. In fact, they are now our best friends; and all of this by three fomentation cloths? No, hardly! It was the co-operation of Heavenly agencies, who are waiting to co-operate with medical missionary effort in the closing of this great work.

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STUCK UNTO THY TESTIMONIES

DAVID said, "I have stuck unto Thy testimonies; O Lord, put me not to shame." Ps. 119:31. The man who will stick unto God's testimonies will stand before earth's leaders and not be ashamed. The world is hungry for the testimony of God on health principles. There are so many theories in the world that men are confused, and long for some settled facts from a source upon which they can rely. Give them God's statements. They are reliable. Live them yourself, and then when you tell them to other people they will believe you, and the Holy Spirit will accompany your work, and convince the people that it is of God.

Gideon believed God and went out with 300 men. The instruments of warfare were not those which Israel would have chosen with which to defeat a great company like the Midonites. Gideon did not heed their testimony, but, like David, stuck to the testimony of God, and was not ashamed or confused, for the Lord did the work.

Even so it is today; many are testifying concerning methods of caring for the sick and treating disease. But God has testified that if we go out and impart simple instruction and give simple treatments, angels will come in and bless our work. Just a trumpet (the message), a bucket of hot water and fomentation cloths; then God can work, and the credit will go to Him, and not to man.

Just a few nights ago I was at the home of a prominent business man who, with wife and child, were all sick. A few instructions on proper diet and a few treatments were given. The family is now much improved, for which

they have great appreciation. At every turn I meet men who want help in just the way God has given it to us. Six different people sought me out but yesterday. "Come get you down," calls our leader through the prophet Joel, "Multitudes, multitudes in the valley of decision."—A Medical Evangelist in the Field.

THE DOUBLE CURE

Continued from page 3

view in the establishment of the work at Loma Linda. Here an educational institution has been planted where this two-fold union of the medical and the evangelistic ministry to sick bodies and sick souls is to be carried out in precept and practice and in the training of workers. We have valuable instruction given us by God as to the importance of this work, and how it should be carried forward. Let both features,—the evangelistic and the medical,—be ever kept in mind as we train our young men and women for service. The Testimonies on the work at Loma Linda say, "The two lines of work must not be separated. Satan will invent every possible scheme to separate those whom God is seeking to make one. We must not be misled by his devices. The medical missionary work is to be connected with the body; and the education of students in medical missionary lines is not complete unless they are trained to work in connection with the church and the ministry". The union between these two lines of effort is of God. Let there be no effort to weaken the union. "What God has joined together, let no man put asunder".

A CALL FOR REFORM IN MEDICAL PRACTICE

Continued from page 5

therapy; more skill and knowledge by far than to manipulate drugs. The man who uses "the more excellent way" and uses it efficiently, is a real scientific practitioner, a man who is essentially awake to the times and opportunities. The man who persistently clings to the superstition of drug therapy is mentally lazy and scientifically a back number. A Seventh-day Adventist physician who is addicted to the Arabian Art is a poor example of God's idea of a Christian physician. Such a man has lost sight of the dignity of his Heavenly calling. He should carefully weigh his work in the light of God's requirements.

The man who today belittles physiotherapy is registering his ignorance. The man who refuses to use it and who hesitates to develop it in all of its parts, to the exclusion of drug

Home Medical Missionary Work

MEDICAL MISSIONARY SOUL-WINNING

E. R. Potter, Home Missionary Secretary S. W. Union Conference

One year ago fifty representatives of the churches and the conferences in the Southwestern Union went out from the Medical Missionary Training School held at Dallas in connection with the evangelistic campaign then being conducted there by Evangelist Tindall, Dr. Mary McReynolds and co-workers. The influence of this training on the students who attended has made very deep and lasting impressions.

Some time ago one timid sister who attended the school wrote me as follows:

"Before going to the Dallas school I would sit with my hands folded and wonder if I could ever do anything for the Master; but now I find more than I can do, and what joy it brings to me!

"I have found opportunities to give treatments to relieve suffering and also instructions about other home influences. One wealthy lady came for me with her big car to learn how to make whole wheat bread and other things. She says she is going on a holiday trip this summer, and she says she is going to take our cook book and 'Great Controversy' along to study." [Note this combination.—Editor.]

"I have just been in ———. Brother and Sister W—— are doing a great work in educating the people. The physician for whom Sister W—— is working has given up tobacco and meat; and about fifty outside families are now using whole wheat bread and are anxious to learn how to prepare this and other foods for themselves. They are building a church there now and the business men are giving freely and gladly towards the enterprise, showing the sentiment of the people as a result of the good work being done there."

Concerning the experiences of one of our ministers who attended the school and who afterward went out among the churches of his conference to give them help, I will quote from his letter:

"While at ——— I had the privilege of doing some real practical home missionary work in taking some of the members of the church with me into the sick room of one of our sisters and giving them practical lessons in treating a case of inflammatory rheumatism. To the surprise of all, this sister, after the second treatment, was able to be up although she

therapy, is out of date, and if he holds a position in an institution he should be replaced by a man with a vision and enough energy to realize its fulfillment.

had been confined to her bed for days. Since that time, this same sister has gone out among her neighbors and helped others with these same simple treatments.

"While with the ——— church I was asked to visit an old gentleman of seventy-six years who had had bronchial pneumonia. Upon their request, I began our simple treatment for pneumonia and in a very short time his terrible suffering ceased, and he began to sleep peacefully. The family and neighbors knew very little concerning our people. And this medical missionary work has opened their hearts toward our people and this message. While at ——— a lady physician of years of experience, who was visiting her father at that place, heard of our meeting and attended the night we gave a public demonstration of our simple treatments. After the meeting she said to me, 'This has certainly been a revelation to me. I never knew before that water was such a curative agency.' I was next called to the home of one of the practicing physicians of the town that had been down with paralysis for six months, and who had heard of the lectures and meetings we were having. I there had the privilege of giving this physician instruction in the principles of diet and simple treatments that would relieve his suffering. He and his family seemed to appreciate the instruction very much indeed.

"While visiting the company at ——— I found the results from treating their sick neighbors by some of our sisters there were the best that I have ever witnessed. One case was of chronic heart trouble. The patient also had appendicitis. Several physicians had examined her and pronounced her case incurable. Her own husband is a noted surgeon, and held no hopes for her recovery. Simple treatments were given to this woman and by the third day such marked improvement was seen that she was not only able to get up and be around the house, but came to the evening meeting and took part in the song service."

And as to the spirit accompanying this work I wish to quote from a letter received from one of our nurses who came under the influence of the instruction given in the campaign:

"One of the most interesting experiences I have had recently, I will give at this writing.

"A physician for whom I had worked in past years called at my door one night at 1 o'clock, and said, 'Nurse, I want you on relief,—bad case of typhoid, the nurse is worn out, we won't need you more than twenty-four hours, maybe not that long.'

"On arriving at the place and receiving all orders from the nurse, I took my place by the bedside to see the last of life go out of a beautiful and talented young woman. The nurse going off duty slept next door that morning. She instructed me to call her when I saw the end was there.

"So serious was her condition, the family said, 'Nurse, she is already turning black; we know you can only help us through this trying hour.' I sent up my prayer to God. I recalled the words spoken in the last sermon of Elder Tindall's that I had been privileged to hear, where he had said, 'Do the things you can do and leave the results with God.'

"I began as soon as possible to administer nature's remedies. I wish I could tell what results I saw from the very beginning of the treatments. I do not wish to omit the fact that the patient's diet had consisted almost wholly of broth from very large steaks. I discarded it at once, made my own zwieback, poured over it boiling water. This was the only thing given for three days. By this time the bowels were so regulated that she had no more involuntary bowel movement. Temperature began to drop gradually, every symptom was for the good, and has continued so until the present time. Have been with the patient about three weeks and she is convalescing beautifully. Thank the Lord for open doors for usefulness. May the Lord help me to help them to a higher standard of Christian experience also. They have expressed a desire to know the secret of all my ways which, I hope, are God's ways.

"All the neighbors watch for me when I go out for a walk, asking all kinds of questions about the secret of my treatments. I can only tell them, the secret things belong to God, but the things that are revealed belong to His people. ("The secret of the Lord is with them that fear Him." Ps. 25:14.—Editor.) Then I am asked, 'Who are His people?' I can only say, 'I am a Seventh-day Adventist—very ordinary, one of the least of all.'"

That this training in medical missionary soul-winning work has had permanent influence on our members in this field, is increasingly manifest, first, in the personal habits of our people, and, secondly, in their activity in personal soul-winning efforts.

On my last four weeks' trip among churches I found whole wheat bread on nearly every dining table, and this has replaced hot soda biscuits in many of these homes. Not only are our people using whole wheat bread, but from many places comes the word that their neighbors and friends are adopting this bread in their diet. One of the students we had in our special training school just informed me that through their influence about fifty families in their city, including bankers and the most prominent families, are using this bread. The use of flesh-foods is fast becoming a rare exception.

Along with the change on the dining table is seen the change on the library table. There are seen the Bible, the *Review and Herald*, and the Testimonies. The increase in the subscriptions for our church paper is very noticeable in this field.

As to the missionary activity of our members, I will simply say that the records show four times as many hours of Christian help work done by our members in 1921 as in 1919, four times as many treatments given, five times as much Christian help work done, such as providing food and clothing for the needy.

Along with these items should be noted that four times as much literature is reported distributed and, what is most important, four

times as many souls won to Christ and His truth by the common men and women.

(In this connection the Editor wishes to call the attention of the readers to some definite instruction God has given as to how our churches are to be revived and how successful home missionary work should be carried forward everywhere. We greatly rejoice to see this fulfilled in the Southwestern Union. May the time soon come when it will be done in every union and local conference and every church.)

"To my ministering brethren I would say, Prosecute this work with tact, ability. Set to work the young men and women in our churches. Combine the medical missionary work with the proclamation of the Third Angel's Message. Make regular organized effort to lift the churches out of the dead level into which they have fallen and have remained for years. Send into the churches workers who will set the principles of health reform in their connection with the Third Angel's Message before every family and individual. Encourage all to take a part in the work for their fellowmen, and see if the breath of life will not quickly return to these churches."—Special Testimonies to Ministers and Workers, No. 11, p. 18, 19. Sent out by General Conference Committee, Battle Creek, Mich., July 31, 1898. See also Testimonies, Vol. 6, p. 267.

From one worker in the field comes the story of a lady who was so prejudiced against our message that she would not even use the entire wheat bread which our health lecturers advocated. Finally her baker's deliveryman told of how its use had cured him of constipation and induced her to buy a loaf. She was soon rejoicing in a new-found and unlooked-for benefit, and the next step was to cut down the use of meat to once a week. Thus is taken the first step in the breaking of long-standing prejudice.

Another worker writes that there are many women in our churches who are anxious to do something for their friends and neighbors, but do not know how to go about it. He suggests that "any woman who can make a good loaf of entire wheat bread, or any other simple dishes of good food, can take a sample to a neighbor. This will arouse more interest than a lecture on bread, and you will be surprised to see how many questions the people will ask you,—questions about the common-place things in the home. This will open the way for you to go into their homes and show them how to meet the practical questions of the home in a practical way. Many of your neighbors are dying for the want of the knowledge you can impart in a simple way if you but go about it. And this will open the way for other lines of work to be taken up with them."

The Gospel Nurse

THE WORK OF THE NURSE

Kathryn L. Jensen, R. N.

THE work of the Seventh-day Adventist nurse calls for the highest development of body, mind and spirit. Her work is the giving of the Third Angel's Message to a fallen world.

"The highest of all sciences is the science of soul-saving. The greatest work to which human beings can aspire is the work of winning men from sin to holiness." "Ministry of Healing," p. 398.

This aim and purpose should so dominate the individual life that that, and that only, should cause her to wish to acquire more knowledge that she may effectively carry out the purpose of God in His great plan for the salvation of the lost.

It is this aim, this idea, which keeps us distinct from the splendid nurses of the world, many of whom have given their lives for the alleviation of the sufferings of mankind.

"In the kindest and tenderest manner nurses are to teach that he who would be healed must cease to transgress the law of God. He must cease to choose a life of sin. God can not bless the one who continues to bring upon himself disease and suffering by a wilful violation of the laws of heaven. But Christ, through the Holy Spirit, comes as a healing power to those who cease to do evil and learn to do well." "Ministry of Healing," p. 224.

Because of this, after the nurse has spent years in caring for sickness which could have been prevented, she sees more clearly the purpose of the instruction in the Spirit of Prophecy: "Educate, educate, educate." This is the keynote of the preparation of a people to become physically fit to meet a soon coming Saviour.

"Far too little thought is given to the causes underlying the mortality, the disease and degeneracy, that exist today even in the most civilized and favored lands. The human race is deteriorating. More than one-third die in infancy; of those who reach manhood and womanhood, by far the greater number suffer from disease in some form, and but few reach the limit of human life." "Ministry of Healing," p. 380.

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Dr. Harry Fosdeck has said that great movements of every kind have been fostered in the schools. The foundations that endure are laid in youthful hearts. This is especially applicable to the health work among us as a people, and the greatest need is a lack of consecrated, specially-trained nurses to educate teachers and parents in the fundamental health habits that should be established during the formation period in the life of every child.

The Hebrew children who became mighty men of God all had careful training from infancy in habits of strict temperance. So important was this instruction to the mother of John the Baptist that the highest angel in heaven gave her instruction for the right physical training of him who should herald the approach of the Saviour of the world.

Could a greater work be awaiting the Christian nurse than to help conserve for 25,000 children in our church schools, the beauty of mind and body, thus giving them the sound foundation upon which to build a strong Christian character? Could a bigger task be awaiting her than the call that comes from our advanced school where highly trained nurses are needed to strengthen for the work of this denomination the power of its manhood and womanhood?

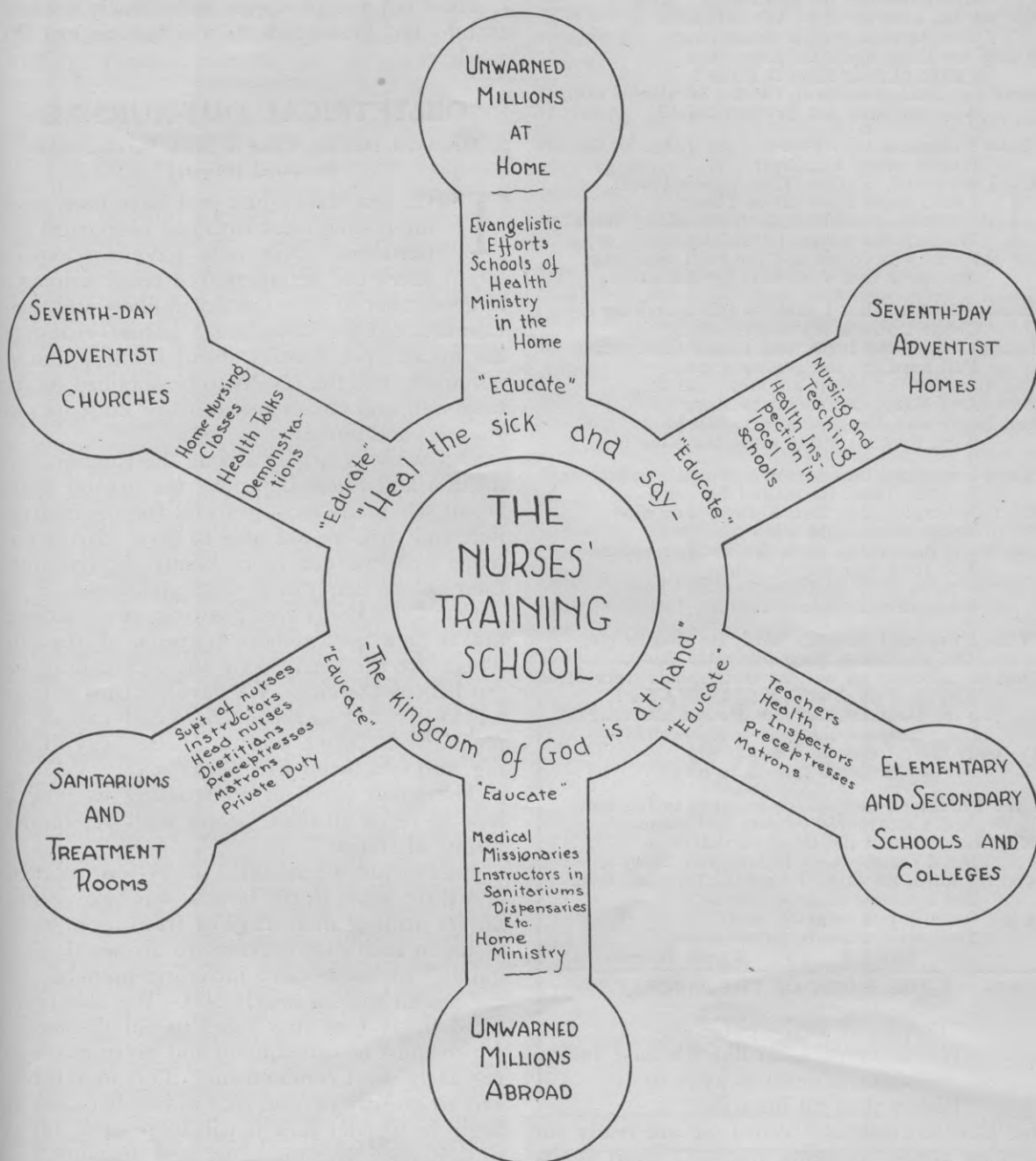
Our churches are calling for the white-capped messengers of health to teach them the simple fundamental principles of healthful living. They need to be educated to appreciate the healing properties of air, sunshine, water, proper food, rest, exercise, and trust in divine power.

We as graduate nurses, properly prepared, have the wonderful privilege of demonstrating to this denomination the value of the consecrated trained nurse in the finishing of this work in this generation.

With the fundamental foundation education of a nurses' training we must not rest content until we have developed qualities to such a degree that we can fill this broader field of service so needed in our work today. With such a preparation of body, mind, and spirit, we need never be

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THE CALL OF THE MESSAGE TO THE NURSE



AND THE AVENUES TO SERVICE

"The body is the only medium through which the mind and soul are developed for the upbuilding of character."---"Ministry of Healing," page 130.

[Above sketch is used by courtesy of the Medical Department, Washington, D. C.]

A DREAM OF A DIVIDED GIFT

"I dreamed that I stood in the court of God,
And answered my summons: 'Here!'

And the Lord leaned down and said to me,
'Son, is your record clear?

Where are those beautiful little ones
I gave to your hand to guide?

Have you trained them up for the service of God,
Why are they not by your side'?

"Then I dreamed that I looked my Judge in the eye
With a proud humility;

And I answered, 'Father, Thou knowest well
That I gave them all to Thee.

I would that they might have followed my steps
Through the valley I trod alone,

But the way was rough and the road was long,
And their feet were hurt by the stone'.

"And I dreamed that I said, as His searching eye
Swept through my inmost soul,

'I taught them the truth, and I bade them strive
Full hard for the heavenly goal.

And John for the pulpit his mind had set,
And Mary, she meant to sing,

And Harry and Ann intended to teach:
Why, they all would serve the King'!

"Then I dreamed that sorrow swept my heart,
And the Lord, He waited for me

Till I chokingly said, 'But, Father, they died
Before they could work for Thee.

For Mary, dear child, grew frail at her books,
And John was punier still,

And the twins gave up their cherished hope
When they at school fell ill'.

"Then I dreamed that the Lord, He said to me,
'Did you teach them this vital thing,

That their bodies as well as their minds were Mine,
And they must not cheat their King'?

Did you tell them that service demanded strength?
Did you teach them life's law well,

To make their bodies temples fit
For My presence therein to dwell'?

"And I dreamed that I bent my eyes to His feet,
And I murmured in pain and shame,

'Nay, Lord! I did not think of that;
But I taught them to love Thy name'.

And the Lord, He said: 'I am glad for their love,
But I needed their service so!

A divided gift is a crippled seed,
That fails, since it cannot grow'."

—A. W. SPAULDING.

THE WORK OF THE NURSE

Continued from page 14

"Perplexed in the extreme

If one whose hand like the base Indian
threw a pearl away

Richer than all his tribe "

for God has told us, "When we are ready for service, service is ready for us". And again, "Just as surely as there is a place prepared for us in heaven is there a place for us in His work."

Our standards are not the world's standards, our aims are not the world's aims nor are our ideals theirs. God's plans for His followers are higher than that of all earthly plans. Each individual has a responsibility in that plan. "Everywhere there is a tendency to substitute

the work of organizations for individual effort."

Shall not we as nurses individually seek to fit into His great plan for the finishing of the work?

OBSTETRICAL OUT-NURSING

Mrs. A. J. Holeton, Chief of Social Service, White Memorial Hospital

THE few weeks just past have been most interesting ones with our obstetrical department. Not only have we experienced the satisfaction of really helping a large number of very worthy mothers and their families, but we have had a keener vision of the greater possibilities ahead for this line of our work, and the results to be obtained by the thorough and conscientious work done by our students and nurses.

Our work is largely among the Russian, Armenian and Spanish people, the greater number of whom are most grateful for any instruction and care we are able to give. No one is more welcome nor more kindly received into their homes than our doctors and nurses.

Our work keeps ever growing, ever reaching out to new and remote portions of the city where are the needy poor and sick calling for our help and advice. We dare not turn to them a deaf ear, for we recognize in each call an opportunity to help a soul to a better way of living, and to a better life, perhaps.

The great problem confronting us now is how to reach all these people with our limited means of transit.

Last month we attended thirty-four mothers and their babes in the homes, our two visiting nurses making an average of from seven to ten visits on each case previous to dismissal. The number of home calls, including prenatal, for the month totaled nearly 500. We also registered thirty-four new cases in our dispensary which must be called upon and given attention regularly until confinement. This month bids fair to go way beyond that in number, and we begin to wonder how it will be possible for us to keep pace with the many new demands.

Not long ago in the middle of the night there came a call for one of our students and nurses to go to a home about twelve blocks beyond the car line. Already tired and weary with the previous day's work, they trudged on with their heavy satchels to this home, where they found a nice, refined little Spanish woman. They spent the remainder of the night with her, and in the early morning made their way

back to the car line. Each succeeding day for ten days the visiting nurse made this long, tiresome trip, and during this time she found that the woman was in real trouble. She was living with her mother, because her husband had recently become a Spiritualist and had been very cruel to her, spending most of his time and money for the church, and providing nothing for her support. Naturally she was very sad and discouraged. The nurse talked encouragingly to her and got her interested in reading some good literature. From our dispensary each week, is mailed to her a "Signs of the Times." A new interest has sprung up in her life and she is eager to know more about the Bible and our truth. Her brother also reads the papers and is much interested. She borrowed money from her mother to purchase a Spanish "Practical Guide to Health," so as to be more intelligent about the care of her children in sickness. We were more than pleased to have had an opportunity to enter this home. Surely our efforts have not been wasted there.

One morning about 8 o'clock I left the dispensary, expecting to spend the full forenoon visiting. At the second home I found a woman, four children and the husband all living in a little, dark, rear room of a building,—the room only about 10x10 feet square, with no beds, no table, no chairs, no furniture, save a few old boxes and trunks. Having been told that a new baby was expected in this home soon you can well imagine how horrified I was to find such conditions existing. Upon inquiry, I was told that the family all slept on the floor at night, covering themselves with one or two scanty coverings that were kept in the trunk during the day. I saw no stove, or any means of heating the room, and the children were all suffering from colds. The husband had been unable to find employment for two months and they had spent most all they had for food. Surely poor prospects ahead for a tiny baby, and a helpless mother. The case was reported at once to our dispensary, and the nurses gathered together warm clothing for the family, medicine was provided for those that were ill, and we plan to see that this mother is comfortably and well taken care of during confinement. Clothes will be provided also for the baby.

Well, by the time I had returned to the dispensary I had made in all seventeen calls, but was greatly deploring the fact that I could not have done more. I had only made a beginning on the work that should have been accomplished.

During the day a call came in from a distant

section. The visiting nurse was out in the district. We located her by phone, but as she was dependent entirely on street-car service she was unable to answer the call promptly. Consequently, on reaching the home the student and nurse found the baby's arrival had preceded theirs by about a half hour. Wild excitement prevailed. No one knew what to do or which way to turn. We were so sorry not to have been on time when our services were most needed. This patient also lived several blocks from a car line, and calls had to be made every day by the nurse for ten days.

These are only two or three of the many every-day interesting experiences we meet, but it will give you a fair idea of what we are doing. This fall our working force will be greatly increased by a large class of students and nurses who are willing and more than anxious to assist in this work, and thereby gain an experience which will prove so beneficial to them.

Surely everyone can, and we hope will, see the importance of keeping pace with the many calls now coming in, in order that the work may be better systematized and lined up ready for their co-operation.

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DISEASE AND ITS CAUSES

"How to Live," Third Section, page 59, Mrs. E. G. White

INDULGING in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur. A physician is sent for, who prescribes some drug which gives present relief, but which does not cure the disease. It may change the form of disease, but the real evil is increased tenfold. Nature was doing her best to rid the system of an accumulation of impurities, and, could she have been left to herself, aided by the common blessings of heaven, such as pure air and pure water, a speedy and safe cure would have been effected.

The sufferers, in such cases, can do for themselves that which others cannot do as well for them. They should commence to relieve nature of the load they have forced upon her. They should remove the cause. Fast a short time, and give the stomach chance for rest. Reduce the feverish state of the system by a careful and understanding application of water. These efforts will help nature in her struggles to free the system of impurities. But generally the persons who suffer pain become impatient. They are not willing to use self-denial, and suffer a little from hunger. Neither are they willing to wait the slow process of nature to build up the overtaxed energies of the system. But they are determined to obtain relief at once, and take powerful drugs, prescribed by physicians. Nature was doing her work well, and would have triumphed, but while accomplishing her task, a foreign substance of a poisonous nature was introduced. What a mistake! Abused nature has now two evils to war against instead of one. She leaves the work in which she is engaged, and resolutely takes hold to expel the intruder newly introduced into the system. Nature feels this double draft upon her resources, and she becomes enfeebled.

Drugs never cure disease. They only change the form and location. Nature alone is the effectual restorer, and how much better could she perform her task if left to herself. But this privilege is seldom allowed her. If crippled nature bears up under the load, and finally accomplishes in a great measure her double task, and the patient lives, the credit is given to the physician. But if nature fails in her effort to expel the poison from the system, and the patient dies, it is called a wonderful dis-

persation of Providence. If the patient had taken a course to relieve overburdened nature in season, and understandingly used pure, soft water, this dispensation of drug-mortality might have been wholly averted. The use of water can accomplish but little, if the patient does not feel the necessity of also strictly attending to his diet.

Many are living in violation of the laws of health, and are ignorant of the relation their habits of eating, drinking, and working sustain to their health. They will not arouse to their true condition, until nature protests against the abuses she is suffering by aches and pains in the system. If, even then, she suffers would only commence the work right, and would resort to the simple means they have neglected, the use of water and proper diet, nature would have just the help she requires, and which she ought to have had long before. If this course is pursued, the patients will generally recover without being debilitated.

When drugs are introduced into the system, for a time they may seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. In nature's effort to expel the drug from the system, intense suffering is sometimes caused the patient. And the disease, which the drug was given to cure, may disappear, but only to reappear in a new form, such as skin disease, ulcers, painful diseased joints, and sometimes in more dangerous and deadly form. The liver, heart, and brain, are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence. Oh, how much that poisonous drug cost! If it did not cost the life, it cost quite too much. Nature has been crippled in all her efforts. The whole machinery is out of order, and at a future period in life, when these fine works which have been injured, are to be relied upon to act a more important part in union with all the fine works of nature's machinery, they cannot readily and strongly perform their labor, and the whole system feels the lack. These organs, which should be in a healthy condition, are enfeebled, the blood becomes impure. Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows. There are more who die from the use of drugs, than all who would have died of disease had nature been left to her own work.

Very many lives have been sacrificed by

physicians' administering drugs for unknown diseases. They have no real knowledge of the exact disease which afflicts the patient. But physicians are expected to know in a moment what to do, and unless they act at once as though they understood the disease perfectly, they are considered by impatient friends, and by the sick, as incompetent physicians. Therefore, to gratify erroneous opinions of the sick and their friends, medicine must be administered, experiments and tests tried, to cure the patient of the disease of which they have no real knowledge. Nature is loaded with poisonous drugs which she cannot expel from the system. The physicians themselves are often convinced that they have used powerful medicines for a disease which did not exist, and death was the consequence.

Physicians are censurable, but they are not the only ones at fault. The sick themselves, if they would be patient, diet and suffer a little, and give nature time to rally, would recover much sooner without the use of any medicine. Nature alone possesses curative powers. Medicines have no power to cure, but will most generally hinder nature in her efforts. She, after all, must do the work of restoring. The sick are in a hurry to get well, and the friends of the sick are impatient. They will have medicine, and if they do not feel that powerful influence upon their systems their erroneous views lead them to think they should feel, they impatiently change for another physician. The change often increases the evil. They go through a course of medicine equally as dangerous as the first, and more fatal, because the two treatments do not agree, and the system is poisoned beyond remedy.

But many have never experienced the beneficial effects of water, and are afraid to use one of Heaven's greatest blessings. Water has been refused persons suffering with burning fevers, through fear that it would injure them. It, in their fevered state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared. But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burnt up, the vitals consumed, and have died in the greatest agony, without being permitted to have water to allay their burning thirst. Water, which is allowed a senseless building to put out the raging elements, is not allowed human beings to put out the fire which is consuming the vitals.

Multitudes remain in inexcusable ignorance in regard to the laws of their being. They are wondering why our race is so feeble and why so many die prematurely. Is there not a cause? Physicians who profess to understand the human organism, prescribe for their patients, and even for their own dear children, and their companions, slow poisons to break up disease, or to cure slight indisposition. Surely, they cannot realize the evil of these things or they could not do thus. The effects of the poison may not be immediately perceived, but it is doing its work surely in the system, undermining the constitution, and crippling nature in her efforts. They are seeking to correct an evil, but produce a far greater one, which is often incurable. Those who are thus dealt with are constantly sick, and constantly dosing. And yet, if you listen to their conversation, you will often hear them praising the drugs they have been using, and recommending their use to others, because they have been benefited by their use. It would seem that to such as can reason from cause to effect, the sallow countenance, the continual complaints of ailments and general prostration of those who claim to be benefited, would be sufficient proofs of the health-destroying influence of drugs. And yet many are so blinded they do not see that all the drugs they have taken have not cured them, but made them worse. The drug invalid numbers one in the world, but is generally peevish, irritable, always sick, lingering out a miserable existence, and seems to live only to call into constant exercise the patience of others. Poisonous drugs have not killed them outright, for nature is loathe to give up her hold on life. She is unwilling to cease her struggles. Yet these drug takers are never well.

The endless variety of medicines in the market, the numerous advertisements of new drugs and mixtures, all of which, as they say, do wonderful cures, kill hundreds where they benefit one. Those who are sick are not patient. They will take the various medicines, some of which are very powerful, although they know nothing of the nature of the mixtures. All the medicines they take only make their recovery more hopeless. Yet they keep dosing, and continue to grow worse until they die. Some will have medicine at all events. Then let them take these hurtful mixtures, and the various deadly poisons, upon their own responsibility. God's servants should not administer medicines which they know will leave behind injurious effects upon the system, even if they do relieve present suffering.



DIETETICS



CONFLICTS BETWEEN FOODS

H. S. Anderson

IN our study of the relation of one food to another food, we should remember first of all that there is real satisfaction and freedom in eating by principle, rather than by iron rule. There are some persons who believe that merely to drop meat from their dietary marks a short cut to health and right doing, but we know that even vegetarians are not immune from what has been rightly termed "the remorse of a guilty stomach." An indiscriminate mixture of vegetables and fruit, or milk, starches and sugar at one meal, may give more trouble than a meal of bread and fish or fowl.

Some foods that are good in themselves, if mixed with others indiscriminately at one meal, may produce serious poisons. Flatulency, sour stomach, and various forms of dyspepsia are among the troubles that may develop from forcing upon the digestive organs impossible burdens in unwise combinations.

"It is not well to take a great variety of food at one meal. When a variety of foods that do not agree are crowded into the stomach at one meal, what can we expect but that a disturbance will be created."—"Healthful Living," page 82.

"All mixed and complicated foods are injurious to the health of human beings. Dumb animals would never eat such a mixture as is often placed in the human stomach. . . . Rich and complicated mixtures of food are health destroying."—"Healthful Living," page 166.

"Some use milk and a large amount of sugar on mush, thinking that they are carrying out health reform. But the sugar and the milk combined are liable to cause fermentation in the stomach, and they are thus harmful. The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease."—"Healthful Living," page 83.

"I frequently sit down to the tables of the brethren and sisters, and see that they use a great amount of milk and sugar. These clog the system, irritate the digestive organs, and

affect the brain. Anything that hinders the active motion of the living machinery, affects the brain very directly."—Testimonies, Vol. 2, page 370.

While we are permitted the widest range in our choice of foods, yet, if we would "eat for strength," we must have respect to certain fixed and immutable laws. People frequently speak of this or that food as having disagreed with them, when the trouble all lies in the fact that the foods eaten have disagreed with each other. The writer's personal experience, some years ago, while employed in one of California's large hotels, serves as an example.

It was the time of apricots, and along with what was considered an ordinary dinner of vegetables, and possibly some kind of flesh meat, there was a liberal supply of ripe apricots on the table for our evening meal, which in those days constituted the principal meal of the day. Not being able to report for work on the following day, the chef, after making inquiry as to the cause, brought me half a glass of brandy and poured it down my throat, for we had a saying that "it takes a poison to kill a poison," and we did not hesitate to put it into practice when conditions seemed to warrant it.

The apricots received their share of the blame for this suffering and inconvenience, and led the writer to avoid the luscious fruit thereafter, saying that "it did not agree with me." However, after I became a commandment keeper and learned in the school of Christ concerning the wonderful principles of health reform, and applied them in a practical way, I soon discovered that instead of apricots being a poison to me, as I had previously supposed, the trouble was altogether because at the same meal with the apricots I had eaten foods which do not combine well with apricots. Since I have learned this, apricots have ever been my favorite fruit, and they never cause any disturbance or distress whatever.

It is not best to combine fruit and vegetables at the same meal. Most vegetables, especially the cooked ones, require a prolonged period of stomach digestion, while ripe fruits, being

already predigested and ready for absorption, should pass from the stomach soon after entering it. In writing to men in positions of responsibility in our sanitariums, Sister White once said:

"The patients are to be provided with an abundance of wholesome, palatable food, prepared and served in so appetizing a way that they will have no temptation to desire flesh meat. The meals may be made a means of education in health reform. Care is to be shown in regard to the combination of foods given to the patients. Knowledge in regard to proper food combinations is of great worth, and is to be received as wisdom from God."—"Elmhaven," St. Helena, California, November 3, 1903, B. 213, '02.

For the "Youth's Instructor," May 31, 1894, she wrote concerning the use of fruit and vegetables at the same meal:

"If we would preserve the best health, we should avoid eating vegetables and fruit at the same meal. If the stomach is feeble, there will be distress, and the brain will be confused, and unable to put forth mental effort. Have fruit at one meal and vegetables at the next." "Healthful Living," page 83.

While nothing very definite has yet been established by scientific investigation, as to just why the above mixture of foods is deleterious in its effect, we may know that it is true, first because Inspiration has revealed it, and second, because of the many side lights that are constantly being thrown on the subject, all of which testify in corroboration of the statements of Inspiration. In writing for a prominent health culture magazine of New York, on the subject of "Food Combinations," S. W. Dodds, M. D., says in part: (*italics ours*)

"It is folly to overlook the fact that there is a certain *fitness* or adaption to be observed, both in the selection and classification of foods, which enhances their value as a whole; it will not do to huddle them together indiscriminately, either on one plate or in the stomach.

"Nearly half a century of close contact with individuals, has placed before the hygienic physician certain *facts* which cannot be ignored; and whether the science behind them is fully understood or not, the facts themselves remain. For example, if we have a nervous dyspeptic to treat, we know better than to set before him, at one and the same meal, strawberries and beets, or strawberries and cabbage; or apples (raw or cooked) and sweet potatoes;

or apples and beans. These are only *examples* of at least fifty combinations that could be made, any one of which would give a weak stomach indigestion.

"It certainly stands to reason that the food products of earth should be studied *in their relation to each other*, as well as with respect to their nutritive qualities."

Other authorities, in their attempt to explain the evil results following the use of fruits and vegetables at the same meal have asserted that the fruit cellulose in addition to that contained in the vegetable, may greatly retard and even prevent the digestion of the vegetable protein. Still others have maintained that when fruits and vegetables are mixed together in the stomach at the same meal, the fruit acid tends to hold back the work of the secretory gland on vegetable starches, while the delayed process of vegetable digestion works to detain the fruit juices until fermentation quite naturally results.

The direct application of heat to foods, as in cooking, changes the food elements (with the exception of fats) in much the same way as the digestive juices, hence the chief object in the cooking of vegetable foods is to make them more digestible, and better fitted to nourish the system. This is in wide contrast to the use of ripe fruits. When fruit is on the tree, in its unripe state, the carbohydrate is in the form of raw starch, but in the ripening process, the starch is changed to sugar, which needs practically only to be absorbed. This may shed further light on the wisdom of having the vegetables and fruit at separate meals.

In determining the response of the normal stomach to vegetables, both raw and cooked, the experiments of Miller, Fowler, Bergeim, Rehfuess and Hawk, reported in the "American Journal of Physiology," Vol. 51, No. 2, March 1920, are most helpful.

The subjects, numbering twenty-five men, were classified as belonging to the slow-and-rapid emptying types. The average evacuation time for all subjects of the rapid-emptying type was 2 hours, and for all the slow-emptying type 2½ hours. From the summary and conclusions we note the following interesting points:

Boiled unpolished rice and boiled barley usually passed out of the stomach sooner than boiled polished rice. Raw agar agar left the stomach in 1½ hours as compared with 2½ hours for boiled unpolished rice.

Potatoes, whole boiled, creamed and mashed, left the stomach in from 1½ to 2½ hours for

rapid-type individuals, and from 2 to 3½ hours for the slow type. Baked potatoes with butter required more than the average time, but plain baked potato required about the same time as boiled potato (2½ hours). Sweet potatoes, whether boiled, baked, or fried, remained longer in the stomach than white potatoes.

Boiled beets left the stomach rapidly,—in from 1 to 2 hours. String beans required only 1¼ to 2 hours; boiled turnip 1½ hours; boiled carrots 2¼ to 2½; boiled squash 2¼ to 2½, and parsnips 3 hours respectively. Boiled oyster plant required about the same period of gastric digestion as white potatoes. Onions, stewed or fried, showed slower evacuation than raw ones. Stewed corn left the stomach almost as rapidly as raw carrots, or tomatoes. Baked beans, high in protein, required from 2¼ to 3½ hours for their evacuation from the stomach.

In general, raw vegetables low in protein, such as carrots, celery, tomatoes, cabbage, lettuce, radishes, cucumbers, etc., leave the stomach rapidly and without great change. Lettuce, for instance, in spite of its bulky character, was found to be one of the most easily evacuated foods, and the response to this food resembled that of raw cabbage. The addition of sugar and vinegar, or oil and vinegar, to the above was found to delay the evacuation.

"Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change. The cook should tax her inventive powers to vary the dishes she prepares for the table, and the stomach should not be compelled to take the same kinds of food meal after meal."—*Mrs. E. G. White in Review and Herald*, No. 31, 1884; "Healthful Living," page 82.

As a rule, the simpler the meal the better it is for the health. Secure variety at different meals. A few dishes, each perfect of its kind, and all in harmony, are far better than many courses, each good in itself, but out of harmony with others. By the use of cereals and fruit at the morning meal; vegetables both raw and cooked at the dinner meal, together with grains in the form of breads, or grains and nuts; and fruits for the luncheon hour at close of day, a constant variety is brought into the daily program which serves to "keep the stomach on the jump," and prevents any sameness from entering into the important work of plan-

ning the meal which is to nourish and build a temple for our Lord.

In planning the dinner menu, make it a point to see that the soup, relishes, and dessert (if used) shall harmonize so far as combination is concerned, as these are items that most people use when on the menu, and this should always be taken into consideration when planning the meal. If fruit dessert or fruit salad appears on the menu, provide one or two of the finer vegetables, such as tomato, green corn, squash, etc.; and at another meal when the fruit is omitted, combine any of the coarser vegetables with grains and nuts, or legumes, macaroni, etc.

The food combination chart found on page 23 is designed to aid the individual in making the best choice of foods from the standpoint of agreement together. An approximate estimate of the harmonious or inharmonious agreement of the foods listed below is represented by the narrowing or spreading of the fork in the Y-chart.

As we become intelligent concerning the care of the body and the laws of health, it becomes self evident that in addition to the avoidance of the cause of disease by needless exposure to same there must follow a regulation of those conditions which tend to tear down or build up the body's resistance to disease; and that our present relation to the conditions that surround us now, will largely determine our future health. The following words from a well-known book have proved a Godsend to many souls, and are worthy of most thoughtful study and consideration.

"Here is a suggestion for all whose work is sedentary or chiefly mental; let those who have sufficient moral courage and self-control try it: At each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger. Take active exercise every day, and see if you do not receive benefit."—"Ministry of Healing," page 310.

Dr. Alexander Haig says: "I may say also, that simple food of not more than two or three kinds at one meal is another secret of health."—"Diet and Food," page 89.

A diet consisting of a select variety of non-irritating and easily digested foods as furnished by nature, with regular meal hours, the avoidance of excessive amounts, and thorough mastication, give promise, under the blessing of God of a long and useful life in this world, and is one of the greatest aids in the preparation for that life which is to come.



Our Workers at Home and Abroad

Conducted by Newton Evans, M. D., President College of Medical Evangelists

We have received very interesting letters from some of our workers out in the field, and we quote herewith portions from some of them:

AS IT is the primary aim of the College of Medical Evangelists to develop workers for the mission field we thought it might be of interest to hear of the work we are trying to do in Bluefields, Nicaragua.

We arrived here July last year and were glad to join our friends Dr. M. M. Brayshaw, Norman Brayshaw and wife. We immediately upon starting work met very strong prejudice. As a suitable office building was difficult to find Brother and Sister Brayshaw kindly offered us their home, a little three-room house just across the street from the former office and we were soon settled in our new quarters.

The Lord blessed our work in spite of the opposition and the work grew until we could not see all the patients who came to be treated. Frequently we would treat from fifty to sixty patients a day and many would become tired waiting and would go home and return the next day.

Bluefields is situated on the coast, and the climate is very agreeable. Doctor Brayshaw thinks it can't be beat. The seasons are practically opposite to those in the States. Summer or dry season is just beginning, lasting from February to May. Now it only rains once or twice a week, but from June to December it rains nearly every day. The rainfall in a year frequently averages from twenty to twenty-five feet.

There are no automobiles on the coast as there are no roads. Practically the only means of locomotion is by boat. I have a horse and saddle I use in the town for making calls; but country calls, as they would be called in the States, are made in gasoline launches.

It probably would be of interest to know of the diseases commonly met. Of the tropical diseases most common we have malaria, amebic dysentery, beri beri, hookworm, also other intestinal parasites, such as round worm, whipworm, balantidium coli, trichomonas intes-

tinalis, etc. Occasionally there are cases of leprosy, yaws, gangosa, pulmonary sporotrichosis, Weil's disease and yellow fever. Pulmonary tuberculosis and venereal diseases run rampant.

Poisonous snakes are very common, especially of the colubridae, coral being the most abundant. Last week a snake twenty-five feet long bit a native who died within an hour's time. It is one of the largest snakes ever killed here.

Of the surgical conditions, the most common are those produced by venereal diseases, viz., stricture and pus tubes. We might enumerate the different kinds of operations we have had occasion to perform, pus tubes, ovarian cysts, hysterectomy for fibroids, ventral fixation, appendix, hernia, gall stones, gunshot through intestines, gunshot through liver, also leg amputation, mastoid, cataract, tonsillectomy, finger amputation, and other such cases of minor surgery. As there has been no doctor in Bluefields doing any surgery to speak of we have had plenty in that line to do.

Our church here has grown rapidly as a result of good work done by Elder and Mrs. Brayshaw. When they arrived there were only seven members in the church, now there are twenty-five and others waiting baptism. Most of their efforts have been for the English speaking people. Mrs. Nelson and I are trying to build up the Spanish work. We are holding meetings in our home and have ten to fifteen who come out for study and most of them seem to be quite interested. We hope that some will take their stand for the truth later on.

Hoping that our friends in the States will remember us and the work here in your prayers, we are

Very sincerely,

DR. AND MRS. C. E. NELSON.

The readers of THE EVANGELIST are invited to make use of its columns by asking questions along the lines of any of the departments of the magazine. We will be glad to give consideration to any question within the field of the message the magazine is seeking to bear.

From Canada:

From a letter written by Dr. A. W. Truman to his friends we glean some interesting items concerning the medical work in Canada. He has recently been called to be medical superintendent of the new sanitarium enterprise in Sidney, near Victoria, British Columbia. Although the treatment rooms are not yet ready for use they have thirteen patients, and the beginning of things from a financial standpoint is even better than they had anticipated.

Doctor Truman is to visit the Calgary Sanitarium once a month, and has just made the first trip, and visited the Battleford Academy on the way and found a great deal of urgent work to be done at both places. The need of other workers going into that field pressed upon his heart so strongly that he wrote concerning it as follows:

"I can but pray and hope that the 'Vale of Siddim' of Southern California will become uncomfortable for some of our young men who are there comfortably marking time, and that the many needy fields so loudly appealing for medical missionaries shall soon see and feel a response from those who have had a training for this double ministry."

Dr. Roy Falconer, Nanning, China, writes under date of January 30, as follows:

"When I last wrote I was rather blue about the prospects for some money to help out in Nanning. I saw no chance then and it did not look very good to me. The other day in the lobby of the Hong Kong hotel I happened to see an old patient of the St. Helena Sanitarium. He was busy then, so I decided to have a little talk with him later. So the next day I walked in and sent up my card, asking on it when I might have a little chat with him. He came right down and we did have a nice little chat. We talked over lots of things about the sanitarium at St. Helena and some things about what I was doing here. He was very much interested and wanted to know in what way he could help me. I said, Give \$300 to the Nanning Hospital. Thinking I meant that much gold, he said he could not do it, but would make it \$100 gold. Now that is \$209 Mexican, so I got almost what I asked for. Now this man is agent for Parke Davis Drug Company out in the Orient. Now he says, 'I can do something more for you. See me tomorrow morning at 11 o'clock and I will in the meantime see a couple of my friends about this thing, and if they are favorable toward helping you I will send you to them.'

"I came next day and he gave me his card introducing me to the manager of the Standard Oil Company. Now I found that it is a mighty fine thing to have some big man introduce you. It sort of gives you a standing and I had no trouble presenting what I had to say. As a result, I have a letter to the man in Nanning that I think is good for \$100.

"The next man was general somebody of the British American Tobacco Company, who put me down third on his list of charities. I do not look for much there.

"My next was more or less accidental. The 'Empress' of Russia arrived that morning. I thought of my friend Hoekveen, looked over the passenger list, and sure enough he came on it. I went immediately to the general offices of the Asiatic Petroleum Company, and there he was. Glad to see him, of course. Had a nice chat, and he introduced me to another of the agents, a man from Wuchow. As I was about to leave, Hoekveen very obligingly asked if there was anything more he could do for me, and I as quickly said, 'Yes, introduce me to your general manager and I will try to get \$100 out of him.'

"This pleased the other fellow, who had a few minutes before jollied me a bit about being down like all the rest of the missionaries to solicit funds, so he begged Hoekveen to go at once and secure an interview with the big boss. Hoekveen bowed and left us. In a moment he was back and announced very graciously that the chief would be pleased to see me. I accordingly very cheerfully complied, found the chief a fine fellow and he put me down for one hundred. He asked me how much they gave last year, and I said fifty. Then he asked how much they should give this year, and I said one hundred. He smiled and didn't say No; so I feel sure of that much and besides, a \$60 ride to Nanning in their boats. And so I am thankful for God's remembrances that He gives right along to make this rather difficult way a lot easier."

Judith Ahlem, M. D., who became a Seventh-day Adventist while completing her medical course at the White Memorial Hospital, Los Angeles, now working in San Leandro, Calif., writes:

"I have missed you people of the White Memorial so much. Although I never seem to be able to live up to the principles of our church, yet I am glad that I can try. And I am glad that the dear Lord has answered so many of my prayers, because it makes me feel that my life may not be in vain after all. It has been my joyful privilege to speak a few words of the precious truth to a few patients here. I wish you could have seen the smile of happiness that passed over the face of a repentant criminal (a mere lad of eighteen years), when he was told that his sins could be forgiven. At first he didn't really think it possible. He asked to be told more of the word of God, said he learned a hard lesson, and that he would begin life anew. That was all a week ago. He has now become desperately ill,—perhaps but a few hours left to him now. I have spoken a few words to his mother now. She is surprised that there is a 'Christian doctor.' (I wish she knew a better one.)

"I shall always be grateful to you and those others who made it possible for us (U. S. C.) to come to your school. I also want you to remember that the life of at least myself was thereby much changed for the good. That may not be saying much, perhaps, just now, but it will mean more in the future.

"With the best wishes for yourself and family and the friends of the White Memorial, I remain,

"Sincerely,"

"Trace back the pedigree of any bodily pain, disease, or privation of sense, and its ancestors, however remote, will be found in some violation of God's physical laws, or in a culminating series of violations, too wickedly great for individual enterprise. Through the temptation of a bodily appetite, man first fell; and all theological schools, and Bible societies, and divine ministrations and ordinances, will never re-instate him in his pristine purity, until the laws of physical health shall triumph, by bringing the bodily appetites and passions within the domain of conscience and religion."

—Horace Mann.

THE MEDICAL EVANGELIST

A Journal Devoted to the Promulgation of Health Reform Principles

LOMA LINDA, CALIF., MARCH-APRIL, 1922

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The Editor, MEDICAL EVANGELIST.

Our Loma Linda and Los Angeles institutions were favored with a visit from Dr. A. Anderson from our Skodsborg Sanitarium from February 10 to 15. His visit was greatly enjoyed by all and he told us many interesting things about the work over there. He has promised an article for our readers.

After you have read this number of THE EVANGELIST we believe you will see that it bears a message which is vital to the interest of every Seventh-day Adventist. Talk to your fellow church members about it and secure their subscription. If you want leaflets to distribute telling about the paper, write us for them.

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Page Twenty-six

HEAD OR TAIL?

Continued from inside front cover

Scribes and Pharisees. Many of the intricacies with which they have to become familiar are an injury to their minds."—"Words of Counsel," a leaflet published at St. Helena, Calif., October 17, 1903. Also "Loma Linda Messages," p. 190.

"Be on guard as physicians. You can serve the Lord in your position by working with new methods and discarding drugs. As reformers we are to reform the medical practice by educating toward the light. Our work is to be done in the full recognition of God."—"Special Testimony," MSS., 63-99.

"In the work of the school maintain simplicity. No argument is so powerful as is success founded on simplicity. You may attain success in the education of students as medical missionaries without a medical school that can qualify physicians to compete with the physicians of the world. Let the students be given a practical education. The less dependent you are upon worldly methods of education, the better it will be for the students. Special instruction should be given in the art of treating the sick without the use of poisonous drugs and in harmony with the light God has given. In the treatment of the sick, poisonous drugs need not be used. Students should come forth from the school without having sacrificed the principles of health reform or their love for God and righteousness.

"The education that meets the world's standard is to be less and less valued by those who are seeking for efficiency in carrying the medical missionary work in connection with the work of the Third Angel's Message. They are to be educated from the standpoint of conscience, and, as they conscientiously and faithfully follow right methods in their treatment of the sick, these methods will come to be recognized as preferable to the methods to which many have become accustomed, which demand the use of poisonous drugs." "Testimonies," Vol. 9, p. 175.

"The representations of the Great Teacher is to be considered an all-sufficient revelation. Those in our ranks who qualify as physicians are to receive only such education as is in harmony with these divine truths." "Loma Linda Messages," p. 32.

"The medical school at Loma Linda is to be of the highest order, because those who are in the school have the privilege of maintaining a living connection with the wisest of all physicians, from whom there is communicated knowledge of a superior order."—Id., p. 33.

"The needed knowledge will be given to all who come to Christ, receiving and practicing His teachings, making His words a part of their lives. Those who place themselves under the instruction of the great Medical Missionary, to be workers together with Him, will have a knowledge that the world, with all its traditional lore cannot supply." Id., p. 77.

"The light that God has given in medical missionary lines will not cause His people to be regarded as inferior in scientific medical knowledge, but will fit them to stand upon the highest eminence. God would have them stand as a wise and understanding people, because of His presence with them." Id., p. 92.

"You may say, the world will not acknowledge us. What if the world will not acknowledge you? It is the power of God that makes the impress on the human mind. Let it be more and more deeply impressed upon every student that every one of us should have an intelligent understanding of how to treat the physical system. And there are many who would have greater intelligence in these matters if they would not confine themselves to years of study without a practical experience under the instruction of learned physicians and surgeons. The more fully

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you put yourself under the direction of God, the greater knowledge you will receive from God. As you keep yourself in connection with the Source of all power, and as you minister to the sick, suggestions will come to your mind how you can apply to the case in hand the principles learned in your student days. 'Ye are laborers together with God.' He is to be your chief instructor." Id., p. 96.

"As God's peculiar people we should not feel that we must acknowledge our dependence upon the transgressors of God's law to give us influence in the world. It is God that gives us influence. He will give us advantages that are far above all the advantages we can receive from worldlings." Id., p. 184.

"If we follow on to know the Lord, we shall know that His going forth is prepared as the morning . . . There are some who may not be able to see that here is a test as to whether we shall put our dependence on man, or depend upon God. Shall we by our course seem to acknowledge that there is a stronger power with the unbelievers than there is with God's own people? When we take hold upon God and trust in Him, He will work in our behalf. But we are to stand distinct and separate from the world." Id., p. 184.

"We need not to tie to men in order to secure influence. We need not think that we must have their experience and their knowledge. Our God is a God of knowledge and understanding, and if we will take our position decidedly on His side, He will give us wisdom. I would that all our people might see the inconsistency of our being God's commandment-keeping people, a peculiar people zealous of good works, and yet feeling that we must copy after the world in order to make our work successful. Our God is stronger than is any human influence. If we will make Him our strength and righteousness, He will work in our behalf." Id., p. 184.

"We shall have a school of our own. But we are not to be dependent upon the world, we must place our dependence upon a power that is higher than all human power. If we honor God, He will honor us." Id., p. 185.

"I am instructed to say that in our educational work, there is to be no compromise in order to meet the world's standards. God's commandment-keeping people are not to unite with the world, to carry various lines of work according to worldly plans and worldly wisdom." Id., p. 187.

"Our people are now being tested as to whether they will obtain their wisdom from the greatest Teacher the world ever knew or seek to the god of Ekron. Let us determine that we shall not be tied by so much as a thread to the educational policies of those who do not discern the voice of God, and who will not hearken to His commandments." Id., p. 187.

"Shall we represent before the world that our physicians must follow the pattern of the world before they can be qualified to act as successful physicians? This is the question that is now testing the faith of some of our brethren. Let not any of our brethren displease the Lord by advocating in their assemblies the idea that we need to obtain from unbelievers a higher education than that specified by the Lord." Id., p. 187.

"If the recommendation goes forth from our people that our workers are to seek for success by acknowledging as essential the education which the world gives, we are virtually saying that the influence the world gives is superior to that which God gives. God will be dishonored by such a course. God has full knowledge of the faith and trust and confidence that His professed people have in His providence." Id., p. 188.

"Strong temptations will come to many who place their children in our schools because they desire the youth to secure what the world regards as the most

COLLEGE OF MEDICAL EVANGELISTS

Extracts From Annual Report Given by Newton
Evans, M. D., at Annual Meeting
March 22, 1922

Upon the occasion of the annual meeting it will probably be of some interest to the members of the constituency and the friends of the school to recount some of the facts regarding the students and the teachers in the school during the past year:

Number of students in medical classes: First year 74; second year 64; third year 37; total 198.

Number of students in nurses' classes: First year 40; second year 37; third year 39; total 116.

Number of medical missionary students: Class for 1922, 9.

Sources of medical students—Schools: Pacific Union College 74; Union College 28; Walla Walla College 21; Emmanuel Missionary College 19; Washington Missionary College 20; Lancaster Junior College 3; Clinton Theological Seminary 2; Broadview Theological Seminary 1; Oshawa Missionary College 1; University of Southern California 9; Los Angeles Junior College 2; University of Redlands 4; Madison State Normal 1; Peabody College 3; University of California 3; Bellingham State Normal 1; Hamline University 1; Mills College 1; University of Denver 1; University of Minnesota 1; Occidental College 1; Crane Junior College 1; total number of schools 22; total number of students 198.

Our medical students come from thirty-two different states; also from Canada, Mexico, Philippine Islands, South America, New Zealand, South Africa, West Australia, India, Japan, and Hawaii.

Our nurses come from twenty-four different states. Our medical missionary students come from four different states.

At our annual commencement, which occurred May 21, last year there were twenty graduates from the medical course. Of these twenty, at least thirteen are spending the year following their graduation in serving as internes in various hospitals as a part of their medical training; seven are taking this interne year in our own White Memorial Hospital. There were also twenty-two graduates in the nurses' class which finished last year. In addition, seventeen workers graduated from our medical missionary course; eight of these finishing in May and nine finishing in August. These last were completing the twelve months' medical missionary course, having spent four months of this time in work in the dispensary and hospital in Los Angeles.

Faculty

In our annual calendar of the medical school for the present year the faculty list includes 165 names in all. Of these 138 are full time or part time teachers and twenty-seven are office workers, laboratory technicians, etc. At Loma Linda there are engaged eleven physicians giving their entire time to the

essential education. Who knows what the most essential education is unless it is the education to be obtained from the Book which is the foundation of all true knowledge. Those who regard as essential the knowledge to be gained along the line of worldly education are making a great mistake; one which will cause them to be swayed by individual opinions that are human and erring. To those who feel that their children must have what the world calls the essential education, I would say, bring your children to the simplicity of the word of God, and they will be safe. We are going to be greatly scattered before long, and what we do must be done quickly." Id., p. 189.

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work of the medical school, and in addition to these, three other physicians who give a certain amount of teaching service in the medical school. Several graduate nurses also assist in the instruction of the medical students. In the Los Angeles division there are twelve physicians who give full time service to the school and in addition six others who give a part of their time to the school under pay; in addition there are ninety-nine physicians who are in the teaching service in the school, but who receive no regular salary for their services. The great majority, but not all of these last, are physicians who are not of our faith.

A few words regarding some changes in the rules pertaining to entrance requirements for medical students may be of interest. For the sake of unity with our denominational educational institutions, the rule has been adopted requiring that all students who enter the medical course, who have pursued their pre-medical college work in our denominational colleges, must have completed and graduated from the required pre-medical course in those schools. In the past some little difficulty has arisen because of the fact that there have been some differences between the rules for entrance here and the curricula of the various denominational colleges. Also the credit requirements for entrance have been raised from sixty to sixty-four semester hours for all students entering. It has also been planned that beginning in 1923, all medical students entering must have a reading knowledge of one of the modern foreign languages.

In 1919 the board authorized the members of the faculty to again begin the publication of "The Medical Evangelist" journal. In previous years several volumes of this journal had been published by the institution, but it had been discontinued since 1913.

The publication has been continued since the spring of 1919, first as a quarterly and later an issue appearing every two months. During the present year the board of trustees has taken more definite responsibility in the publication and in the support of the journal, and plans have been made which give promise of the carrying on of a strong publication. It is not intended in any sense as a popular health journal, but as a medium of reaching our own people with the health reform message and of helping the medical denominational workers to keep in touch with each other.

NEWS ITEMS

Through the efforts of the junior medical students with their program, "From Start to Finish", a fund of \$240 was raised, which is being used for furniture for the parlor of the nurses' new dormitory.

As the result of soliciting friends, a tag day, and a bazaar, the nurses raised \$250, with which they bought a victrola, records, and utensils for their kitchenette.

The White Memorial nurses are very happy in their new home, which accommodates eighty girls. Each room is arranged for two students, having two single beds and two clothes closets with built-in drawers. There is hot and cold water in each room.

Two features of the new dormitory which afford great pleasure are the laundry and the kitchenette. The laundry is a separate building, is well lighted, and is fitted up with tubs, wringers, ironing boards, clothes racks, and out-door lines for drying. The kitchenette affords a place for occasional candy-making, preparing picnic lunches, and spreads.

On Sunday night, March 19, the students of the senior class gave a very enjoyable entertainment in the class-rooms of the White Memorial Hospital. No admission fee was charged, but an effort was made to get all present to give \$5 or more to apply on the Memorial Fund. The senior class had previously secured the co-operation of the student body, each member having promised to give \$5 toward this fund.

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During the year 1921 the out-patient department of the White Memorial Hospital had 58,000 patient visits. This gives an average of 184 patients per clinic day, which is an increase of twenty per cent over the year 1920. Free medical attention is given to all classes of needy patients. The work is carried on by an attending staff of twenty-nine physicians and the students of the senior and junior medical classes. Six graduate nurses are employed and seven student nurses assist in the different clinics.

Nineteen hundred sixty-nine patients were cared for at the White Memorial Hospital during the past year. Approximately the same number of sick people had to be refused admittance because of lack of beds, some of whom were desperately in need of hospital attention. The daily patient report shows an average of seventy-five patients per day, for the year, with a listed bed capacity of seventy-one. Extra beds were in use during the whole year in order to accommodate the emergency cases which came to the hospital.

Two hospital buildings have recently been completed without any debt being incurred. One unit will be used for obstetrical cases and the other consists of private rooms. With the completion of these two new units the bed capacity of the hospital will be increased sixty per cent. It will take \$12,000 to furnish and equip these two new units. Half of this amount has already been raised, having been given by friends of the institution. The campaign is well under way to raise the remaining portion of this Memorial Fund.

Are you going to help on the Memorial Fund? Twelve thousand dollars is needed to furnish and equip the new obstetrical and private bed units of the White Memorial Hospital, and over half of this amount has already been donated. The Memorial Fund is in need of \$5,500 more to complete the furnishings of these two new hospital units. Are you going to do your bit? If you do not receive a personal letter soliciting your help, do not feel slighted, but mail your check or pledge to Dr. Percy T. Magan, 312 North Boyle Avenue, Los Angeles, Calif.

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